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H-PLUS® TIP OF-THE-ISSUE

H-PLUS See-Be

Function Command—PLUS-AUTOMATE

See-Be's stated purpose is to "convert any consciously controlled physical or mental activity into an automatic response." A GATEWAY OUTREACH Trainer has discovered its value for adjusting a physical activity that is usually considered automatic. This woman had bashful bladder syndrome—a lifelong condition which made it impossible to urinate in other than complete privacy. More prevalent than might be imagined, the syndrome causes discomfort, embarrassment, and predisposition to urinary tract infections. After learning *See-Be* and practicing with it over a six-month period, she applied it in this situation and was surprised and relieved at its effectiveness. It's best to use the Command in preparation and again at the point of beginning to empty the bladder. Waiting until you experience discomfort can be detrimental to success.